The 40th Annual

SHELTER ISLAND 10K RUN/5K WALK

SATURDAY, JUNE 15th, 2019 at 5:30 P.M.

THE 5K IS NOW A RUN/WALK RACE! Prizes in each category

REGISTER NOW ONLINE: shelterislandrun.com or by **mailing in this form**

BENEFICIARIES: The Shelter Island 10K Community Fund

East End Hospice and Timothy Hill Children's Ranch

Cut Here ----------

2019 SHELTER ISLAND RUN CHECK EVENT YOU ARE ENTERING: ☐ 10K ☐ 5K Run ☐ 5K Walk ☐ 10K Wheel Chair ☐ Grand Prix Series

Age Race Day: ☐☐ Sex: M ☐ F ☐ Date of Birth ☐☐☐☐☐☐ Current Best 10K Time ☐☐☐☐☐☐

Name: First ☐☐☐☐☐☐☐☐☐☐☐☐ Last ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ Middle ☐

Street: ☐☐☐☐☐☐☐☐☐☐☐☐ PO Box: ☐☐☐☐☐ Apt. #: ☐☐☐☐☐

City: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ State: ☐☐ Zip Code: ☐☐☐☐☐

Team Name: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Home Phone: ☐☐☐☐☐☐☐☐☐☐ Business Phone: ☐☐☐☐☐☐☐☐☐☐

Cell Phone: ☐☐☐☐☐☐☐☐☐☐

E-mail address: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

T-Shirt Size: ☐☐☐☐☐☐☐☐☐☐☐☐ Men's ☐ Women's ☐

☐ Shelter Island residents check this box (Drivers License Address Required)

ENTRY FEES (Non-Refundable)

10K RUN - $40	_____
$50 day of race	_____
5K RUN/WALK - $30	_____
$15 kids under 14	_____
GRAND PRIX SERIES - $120	_____
SI10K Donation	_____
TOTAL: $	_____

SHELTER ISLAND RUN, INC. ASSUMPTION OF RISK, RELEASE & WAIVER LIABILITY, AND INDEMNITY AGREEMENT CONSIDERATION/ACKNOWLEDGE OF RISK
*In consideration of my participating in the 2019 Shelter Island Run, I represent that I understand the nature of the event and that I am qualified, in good health, and in proper physical condition to participate in such event. *I fully understand that the event involves risks of serious bodily injury, permanent disability or death which may be caused by 1) my own actions, 2) those actions of others – including "Releases", 3) the event conditions, or 4) risks not known by me at this time.
ASSUMPTION OF RISK *I fully accept and assume all such risks and all responsibility for losses, costs, and damages I may incur as a result of participation in this event.
RELEASE & WAIVER OF LIABILITY *I hereby release, discharge and agree not to sue Shelter Island Run, Inc., Town of Shelter Island and Village of Dering Harbor their respective directors, officers, agents, volunteers, other participants, employees, sponsors, advertisers and landowners (all considered "Releases") from all liability, claims, demands, losses, or damages I may incur as a result of participation in this event, whether caused in whole or in part by the negligence of the Releases, including negligent rescue operations.
INDEMNITY *I further agree to indemnify, save, and hold harmless each of the Releases from any loss, liability, damage, or cost (including reasonable attorney's fees) which they may incur resulting from anyone making a claim on my behalf. *I understand that if one part of this Agreement is invalid, all other parts will remain valid to the extent of the law. *I have read this unconditional Agreement, fully understand it and the rights I've waived by signing it voluntarily.

Printed Name:_____ Date: _____ Signature:_____

Participants under the age of 18 must receive parent/guardian permission to participate. Jogging strollers are NOT allowed.

Mail completed signed entry form and check to: S.I. Run, Inc., P.O. Box 266, Shelter Island, NY 11964-0266